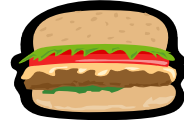


# Microwave Recipes

## **Pizza Buns** Makes 8 sandwiches

1 pound ground meat  
2 tablespoons finely chopped onion  
1/2 teaspoon salt  
1/8 teaspoon pepper

3/4 cup pizza sauce  
1 cup shredded Mozzarella cheese  
8 hamburger buns, sliced



Crumble ground meat into 1 1/2-quart glass casserole. Add onion. Cover with casserole lid. Microwave on high for 4 minutes. Stir to break meat into small pieces; continue microwaving until meat reaches the temperature of 160°F, 2 to 3 minutes. Drain off juices. Stir in salt, pepper and pizza sauce. Cover with casserole lid. Microwave on high 5 to 6 minutes or until hot and bubbly. Stir in 1/2 cup of the cheese. Arrange bottom halves of buns on glass plate. Spoon the meat mixture onto buns. Sprinkle with remaining 1/2 cup cheese. Top with other halves of buns. Microwave on high 1 to 1 1/2 minutes or until cheese just starts to melt.

NUTRITION FACTS (per serving) - Calories 304 ~ fat 14 g ~ calories from fat 131 ~ sodium 617 mg ~ total carbohydrate 25 g ~ fiber 2 g

## **Dilled Fish Fillets** Serves 4

1 pound frozen haddock or cod fillets  
1 tablespoon lemon juice  
1/8 teaspoon dried dill weed

1/8 teaspoon salt  
Dash of black pepper



Thaw frozen fish in refrigerator overnight or thaw in microwave oven. Separate into four fillets or pieces. Place fish in heated frypan. Sprinkle with lemon juice and seasonings. Cover and cook over moderate heat until fish flakes when tested with a fork, about 5 minutes.

**Microwave:** Place fish in a glass-baking dish. Cover with wax paper. Cook at “medium” power for 3 minutes. Remove cover, turn fish over, and sprinkle with lemon juice and seasonings. Cover and continue cooking at “medium” power for 3 minutes or until fish flakes with a fork.

NUTRITION FACTS (per serving) - Calories 58 ~ fat .5 g ~ calories from fat 5 ~ sodium 112 mg ~ total carbohydrate trace ~ fiber 0 g

## **Baked Sweet Potato**

Choose medium to small size potato, scrub and cut out any bad spots. Prick with fork 5 to 6 times for steam to escape. Place on paper towel or piece of waxed paper. Bake on high for 3 to 4 minutes, until tender. Using a hot pad or tongs, remove potato from microwave.



NUTRITION FACTS (per potato) - Calories 117 ~ fat trace ~ calories from fat 1 ~ sodium 11 mg ~ total carbohydrate 28 g ~ fiber 3 g

### **Fruit Crisp** Serves 2

1 1/2 teaspoons butter or margarine  
1 teaspoon brown sugar  
1/4 teaspoon cinnamon

1 large apple, pear or peach  
cored and thinly sliced  
1/2 cup granola cereal



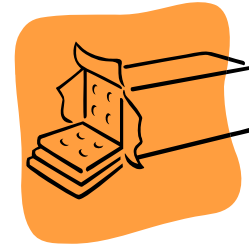
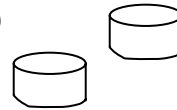
Place butter, sugar and cinnamon in a glass microwave-safe dish. Cook on High 20 to 30 seconds until butter melts; stir. Add fruit slices and stir to coat evenly with butter, sugar and cinnamon mixture. Microwave uncovered on High 1 to 2 minutes. Let stand 2 minutes then sprinkle with granola.

NUTRITION FACTS (per serving) - Calories 145 ~ fat 10 g ~ calories from fat 90 ~ sodium 36 mg ~ total carbohydrate 35 g ~ fiber 4 g

### **Marshmallow Graham Cracker Treat**

Per Person you would need:

2 graham cracker squares (2 1/2 inch square)  
1 large marshmallow  
4 small pieces of milk chocolate bar



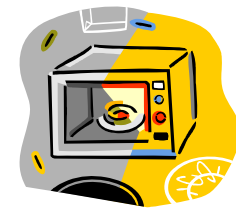
Place 1 graham cracker square on microwave-safe plate. Stack chocolate, marshmallow and second square of graham cracker on top. Microwave on high for 20-30 seconds or until marshmallow expands and chocolate melts. Serve immediately.

NUTRITION FACTS (per serving) - Calories 160 ~ fat 6 g ~ calories from fat 50 ~ sodium 100 mg ~ total carbohydrate 25 g ~ fiber 1 g

### **Hot Fruit Compote** Serves 12

1 can (16-ounce) pears  
1 can (16-ounce) apricots  
2 cups apples

1/2 cup whole cranberry sauce  
1/4 tsp cinnamon



Place all ingredients in 2-qt casserole dish, microwave safe. Stir and heat at full power for 5 to 7 minutes. Rotate and stir half way through. Serve warm.

NUTRITION FACTS (per serving) - Calories 84 ~ fat trace ~ calories from fat 2 ~ sodium 8 mg ~ total carbohydrate 22 g ~ fiber 2 g